

A COMPARATIVE STUDY AMONG WORKING AND NON-WORKING MARRIED WOMEN ON THEIR LEVEL OF DEPRESSION AND MARITAL ADJUSTMENT

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Abstract: *The present study is aimed to compare Working and Non-Working Married Women on their level of Depression and Marital Adjustment. Sample of the study consisted of 25 working and 25 non-working married women randomly selected from Panchkula District. Their age ranged between 20 to 50 years. Their minimum education was graduation and above. They belong to middle and high socio-economic status. Beck Depression Inventory (1996) and Marital Adjustment Questionnaire were used. Results indicated insignificant relationship between marital adjustment and depression. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women.*

Key-words: *Working Married Women, Non-Working Married Women, Depression, Marital Adjustment.*

1. INTRODUCTION:

Marriage is the most important relationship between a man and a woman which one makes for love, happiness, companionship and desire to have his own family and involves emotional and legal commitment that is quite important in any adult life. Choosing a marital partner and entering into a marital relationship is considered as the best maturational and personal achievement. Everyone gets married with an aim of being happy and satisfied and thus Marital Adjustment is considered a state in which both husband and wife feel happy and satisfied with each other. To make a successful marriage, marital adjustment is required which needs maturity as a base for growth and development in the spouse. If this growth is not experienced and realized in one's relationship then death in marital relationship is inevitable. Different psychologists have given different areas for marital adjustment such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment like values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood.

There are various factors that contribute to marital adjustment like educational level, number of children, Occupation and income level, likes and dislikes, family atmosphere etc. In spite of fulfilling all these factors what is more required for marital satisfaction is the ability of partner to adjust in all the situations and to cope up with a number of stresses. In making their life a happy one both have to go through various ups and down in life. There are many who learn to adjust and live happily whereas there are few who are not able to cope up with the changing situations in their deteriorating relationships and this leads to bring stress and thus they face depression in life.

Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. This growing depression has led to the growing rate of divorces, court cases for alimony, physical abuses and single parents; it does seem as if handling a relationship is becoming a tricky and often taxing issue. The possible causes can be endless. Due to all these problems a person starts feeling stressed and leads to chronic disorders such as depression, insomnia and hypertension. It is seen that Married women have higher rates of depression than unmarried women, but the reverse is true for men. Marital adjustment and depression are strongly related.

The present study is an attempt to compare working and Non-working Married Women on their level of Depression and Marital Adjustment.

2. STATEMENT OF THE PROBLEM:

“A Comparative study among working and non-working married women on their level of depression and marital adjustment.”

3. REVIEW OF LITERATURE :

- Mousavi, SF. (2020) studied the effect on Marital Satisfaction. The finding revealed that fathers reported greater Marital Satisfaction than mothers. Women were more concerned about intimacy than men and had certain standards for being satisfied with their spouses. They were also sensitive to relationship problems more than men.
- Hashmi et al. (2007) conducted a study to explore the relationship between marital adjustment, stress, and depression. Findings showed highly significant relationship between marital adjustment, depression, and stress. Further, the finding showed that working married women had to face more problems in their married life as compared to nonworking married women.
- Shinta Wisyaningrum, S., Epifani, I. & Ediati, A. (2020) reviewed that COVID-19 brought tremendous impact on families, particularly on marital relationship. It was seen that domestic violence increased and there was reduction in intimacy among couples. Females were found overburdened with work as everybody was at home due to lockdown and they were forced to work day night to take care of kids and family. This caused a lot of disturbances in the marital life of couples. Working couples had to face more issues as they had to work from home along with taking care of the household responsibilities. Thus, it was seen that COVID-19 brought a lot of hassle in the life of couples.
- Epifani, I. Wisyaningrum, S. Ediati, A. (2021) evaluated that due to COVID-19 Pandemic and unwanted lockdown married couples had to stay together which led to domestic violence, increased marital conflict. Fear of transmission of virus led to conflicts which lessened sexual intimacy and reduced marital satisfaction and thus increased marital distress. It was concluded that COVID -19 has put marriages at risk and thus couples need psychoeducation to improve their marital adjustment and communication, emotion regulation, managing conflict, problem solving and building intimacy during crisis.
- George, E.S. & Wesley, M.S. (2021) did a study which reflected that how COVID-19 has increased stress and strain in marital relationship and even increased the domestic violence. Due to lockdown women have been overburdened with household work. Cultural differences do play a major role in the way women perceive marital stress and domestic violence. The study focuses on how culture force women to remain in abusive marriages. The paper focused on therapeutic rehabilitation which focus on breaking the culturally imposed expectations for women trapped in abusive marriages.
- Schmid, L., Wörn, J., Hank, K., Sawatzki, B. & Walper, S. (2021) did an investigation on how COVID-19 disruptions in employment relationships have affected couples' relationship. The study was done to check how work from home affected relationships. It was observed that 20% positive and 40% negative changes in relationship were seen due to COVID. Relationship satisfaction was decreased. It was seen that COVID-19 pandemic was a threat to couple's relationship quality and healthy family functioning.
- Penninx, B.W.J.H., Benros, M.E., Klein, R.S. et al. (2022) did a study to review the direct and indirect effects of COVID-19 on mental health of the individuals. It was seen that pandemic has resulted in mental disorders and increase in suicidal rates. It was also seen neuropsychiatric impact on the brain structure and functioning. There was an increase in depression among people and anxiety rate and loneliness was also increased. Due to shortage of money in Europe the purchase of alcohol was decreased but overall alcohol consumption increased. It was found that psychological distress increased during the second lockdown period.

4. OBJECTIVES OF THE STUDY:

- To study the level of depression of Working and Non-Working Married Women.
- To explore the Marital Adjustment of Working and Non-Working Married Women.
- To find out significant difference between Working and Non-Working Married Women in relation to their Marital Adjustment.
- To find out the relationship between Depression and Marital Adjustment of the Working Married Women.
- To find out the relationship between Depression and Marital Adjustment of the Non-Working Married Women.

4.1 HYPOTHESIS

- There would be no significant difference between Working and Non-Working Married Women in their level of Depression.

- There would be no significant difference between Working and Non-Working Married Women in their level of Marital Adjustment.
- There would be no significant relationship between level of Depression and Marital Adjustment of the Working Married Women.
- There would be no significant relationship between level of Depression and Marital Adjustment of the Non-Working Married Women.
- There is no significant relationship between Depression and Marital Adjustment of the Working and Non-Working Married Women.

5. RESEARCH METHODOLOGY :

The study is descriptive survey type.

Population and Sample:

The present study was conducted on Working and Non-Working Married Women of district Panchkula. Total 50 were taken as sample for study out of which 25 were Working and 25 Non-Working Married Women were taken as sample for the present study. Keeping in mind the nature of the problem, purposive random sampling technique was used.

Tools:

In order to collect data, the following tools were used:

1. Marital Adjustment Questionnaire by Dr. Pramod Kumar and Dr. Kanchana Rahotgi.
2. Beck Depression Inventory- 2nd Editions (BDI II) by Aaron T Beck, Rober A Steer and Gregory K Brown, (1996)

Statistical Techniques:

The following statistical techniques were used for the analysis of the data.

1. Mean
2. Standard Deviation
3. Z-test
4. Pearson Product Moment Correlation

Data Collection:

Data was collected from 50 Working and Non-Working Married Women and collected data was analyzed keeping in view the objectives and hypotheses of study by applying correlation and z-test. In z-tests the observed values were compared with critical values at 0.05 levels to know whether the results are significant or not.

5.1 SELECTED VARIABLES OF THE STUDY

Following are the selected variables of the study.

- Depression
- Marital Adjustment

5.2 ANALYSIS AND INTERPRETATION OF DATA

Hypothesis 1: There would be no significant difference between Working and Non-Working Married Women in their level of depression. A result pertaining to level of depression among Working and Non-Working Married Women is shown in the Table below

Table 1. Depression among Working and Non-Working Married Women

Variable	N	Mean	S. D	Z-Value	Remarks
Depression	25 (Working Women)	20.4	9.04	0.5	Significant
	25 (Non-Working Women)	21.8	9.30		

It is revealed from table 1 that the value for mean turned out to be 20.4 for working women whereas for non-working women it is 21.8. It shows the average level of depression of both working and non-working women. The S.D for working women is 9.04 whereas for non-working women is 9.30. The z statistics regarding their depression level

turned out to be 0.5 which is significant. Hence the hypothesis namely there is no significant difference between working and non-working married women in their level of depression is found to be rejected in the light of above evidences.

Hypothesis 2: There would be no significant difference between Working and Non-Working Married Women in their level of Marital Adjustment. A result pertaining to Marital Adjustment among Working and Non-Working Married Women is shown in the Table below

Table2. Marital Adjustment among Working and Non-Working Married Women

Variable	N	Mean	S. D	Z-Value	Remarks
Marital Adjustment	25 (Working Women)	39.36	5.18	0.5	Significant
	25 (Non- Working Women)	34.0	12.51		

It is evident from table 2 that the value for mean turned out to be 39.36 for working women whereas for non-working women it is 34.0. It shows marital adjustment of non-working married women is more. The S.D for working women is 5.18 whereas for non-working women is 12.51. The z statistics regarding their marital adjustment turned out to be 0.5 which is significant. Hence the hypothesis namely there is no significant difference between working and non-working married women in their level of marital adjustment is found to be rejected in the light of above evidences.

Hypothesis 3: There would be no significant relationship between level of Depression and Marital Adjustment of the Working Married Women. Results pertaining to relationship between Depression and Marital Adjustment of Working Married Women are shown in Table below.

Table 3. Relationship between depression and marital adjustment among working married women.

Computation	Working Married Women (Depression)	Working Married Women (Marital Adjustment)	Correlation value	Remarks
Mean	20.4	39.36	0.22	Insignificant
SD	8.86	5.18		

It is revealed from table 3 that the value of mean for depression turned out to be 20.4 whereas for marital adjustment it is 39.36. It shows more level of marital adjustment is done by working married women to overcome depression. The S.D for depression of working married women is 8.86 whereas for marital adjustment is 5.18. The value of correlation turned out to be 0.22 which is insignificant. Hence the hypothesis namely there is no significant relationship between level of depression and marital adjustment is found to be accepted in the light of above evidences.

Hypothesis 4: There would be no significant relationship between level of Depression and Marital Adjustment of the Non-Working Married Women. Results pertaining to relationship between Depression and Marital Adjustment of Non-Working Married Women are shown in Table below.

Table 4. Depression and Marital Adjustment of Non-Working Married Women.

Computation	Non-Working Married Women (Depression)	Non-Working Married Women (Marital Adjustment)	Correlation Value	Remarks
Mean	21.8	34.0	-0.18	Insignificant
SD	9.30	12.51		

It is revealed from table 4 that the value of mean for depression turned out to be 21.8 whereas for marital adjustment it is 34.0. It shows more level of marital adjustment is done by non-working married women to overcome depression. The S.D for depression of non-working married women is 9.30 whereas for marital adjustment is 12.51. The

value of correlation turned out to be -0.18 which is insignificant. Hence the hypothesis namely there would be no significant relationship between level of depression and marital adjustment is found to be accepted in the light of above evidences.

Hypothesis 5: There would be no significant relationship between Depression and Marital Adjustment of the Working and Non-Working Married Women. Results pertaining to relationship between depression and Marital Adjustment of Working and Non-Working Married Women are shown in Table below.

Table 5 Depression and Marital Adjustment among Working and Non-Working Married Women

Computation	N	Depression among Working and Non-Working Married Women	Marital Adjustment among Working and Non-Working Married Women	Correlation Value	Remarks
Mean	50	21.1	37.4	-0.15	Insignificant
SD		9.10	10.08		

It is revealed from table 5 that the value of mean for depression turned out to be 21.1 whereas for marital adjustment it is 37.4. It shows more level of marital adjustment is done by both working and non-working married women to overcome depression. The S.D for depression of women is 9.10 whereas for marital adjustment is 10.08. The value of correlation turned out to be -0.15 which is insignificant. Hence the hypothesis namely there would be no significant relationship between level of depression and marital adjustment is found to be accepted in the light of above evidences.

6. CONCLUSION:

The above cited results enabled the researcher to conclude rationally that there is no significant difference between married working and non-working women in their level of depression. The reason can be burden of work and other problems of daily routine. There is significant difference between married working and non-working women in their marital adjustment. The reason can be the time one gives to the family as it was seen that working women generally have to give priority to their office work rather than their household work. Along with this the priorities of both working and no-working married women are always different. No significant relationship exists between level of depression and marital adjustment of married working women. Similar results are found in case of married non-working women as well. It is due to the fact that depression and marital adjustment are two different streams of mind, flowing in two different directions. Depression sets in not just due to professional reasons, but as a result of many personal experiences as well. Further, depression is within oneself and affects our own life. On the other hand, marital adjustment is one's own effort to make life happy.

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